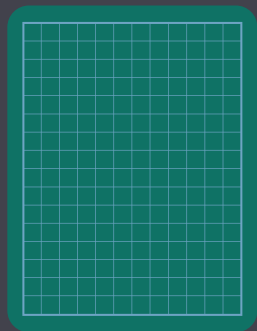


BOW CRAFT

Make a simple bow and arrow from items found in your home!

GATHER YOUR SUPPLIES:



cutting mat
or board



craft
knife



scissors



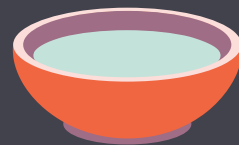
dental
floss



four cotton
swabs

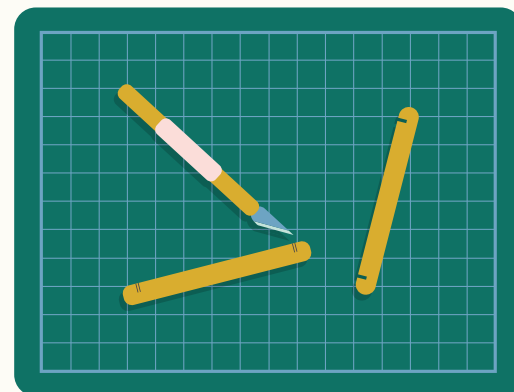


craft
sticks



bowl of
water

STEP 1: Lay your craft stick on the cutting board. With help from an adult, cut one notch near one end of the craft stick. Cut another notch parallel to the first one. Repeat this on the other end of the craft stick. You should have two notches near both ends of your craft stick.

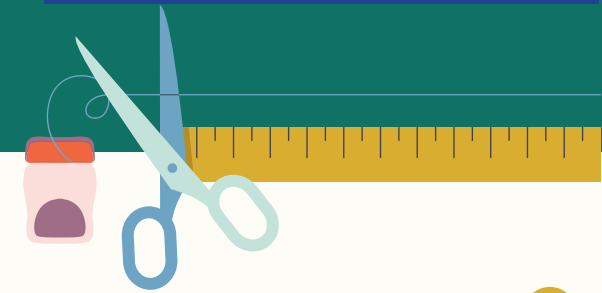


STEP 2: Place the craft stick in water for one hour. This allows the wood to become flexible.

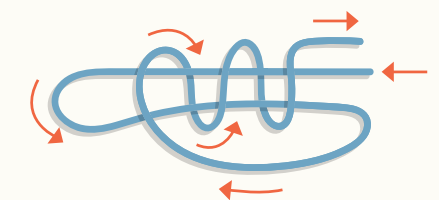


Remember: Always have an adult close by when using knives and scissors.

STEP 3: Cut 12 inches of dental floss. Tie a **slip knot (1)** on one end of the floss. Secure the knot over one end of the craft stick, snugly fitting the floss into the notch. Wrap the floss around the notch **three times (2)** and tie a **square knot (3)** to secure.



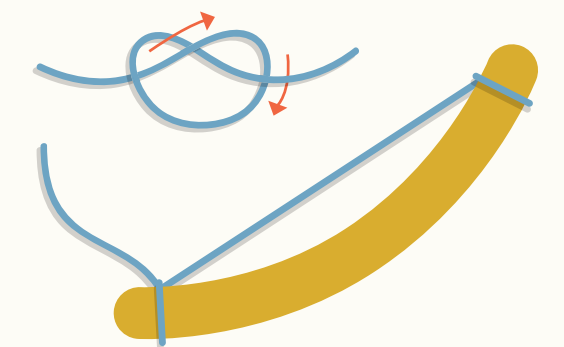
SLIP KNOT (1)



slide to tighten or loosen

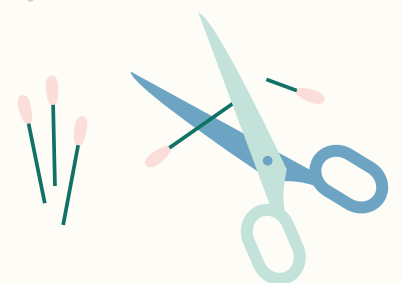
(2)

SQUARE KNOT (3)



STEP 4: Gently bend the craft stick into a bow shape then tie the other end of the floss to the other end of the stick, settling the floss into the empty notch. Be sure to wrap it again three times around the notch. Let dry. You now have a bow!

STEP 5: Take the scissors and cut one end of the cotton swabs. Now you have arrows!



DECORATE YOUR BOW!

Use crayons or markers to create patterns and alternate colors.

